

# Holy Lent

Holy Lent is a Christian Formation series for adults in the Diocese of East Carolina.

It was developed by members of

- Church of the Advent, Williamston • Christ Church, New Bern • Holy Cross, Wilmington • St. Paul's, Wilmington • St. Stephen's, Goldsboro

*These questions are meant to serve as a way to help you begin thinking about the top for each week's session. You do not have to have answers for these questions ready.*

## **Week 1 - What does it mean to observe a Holy Lent?**

*Led by the Rev'd Jay Sidebotham*

1. What do we learn from the liturgical seasons? What are the lessons of Lent?
2. Over the years, what have been the most meaningful aspects about observing Lent for you?
3. What is challenging for you about Lent? What have you found rewarding?
4. How would you explain Lent to someone who is not familiar with the observance?
5. Do you think that Lent is more about giving something up or taking something on?

## **Week 2 - Self-Examination & Repentance**

*Led by Royster Hedgepeth & Steve Skiffington*

1. What significant faith/spiritual events happened to you in the past year?
2. How is your spiritual/faith life better than a year ago?
3. Where do you want/need to improve your spiritual/faith life?
4. Where is Jesus in your daily walk of life?

## **Week 3 - Prayer, Fasting & Self-Denial**

*Led by Cleve Callison & Holly Craighead*

1. How do Fasting and Self-Denial intersect with Prayer?
2. Have you thought about trying out a new form or type of prayer?
3. If part of Lent is bettering yourself, part of self-denial is 'how am I not bettering myself now? How can examining and bettering yourself help make you a better Christian?

## **Week 4 - Reading and Meditating on Scripture**

*Led by Meg Jones & Xena Markine-Morrison*

1. Why is studying Scripture important?
2. What do we learn by studying both the Old and New Testaments?
3. What can we learn about scripture from the Book of Common Prayer?

## **Week 5 - Preparing for Holy Week**

*Led by The Rev'd Caleb Lee*

1. How has this time in Lent been also preparing us to enter Holy Week and then Easter?
2. What are our emotional responses around the events of Holy Week?
3. How can the observation of a Holy Lent help us prepare for Holy Week?

